70. A method for forming an electrical structure, comprising:

providing a dielectric core;

helically winding a conductive wiring circumferentially around the dielectric core;

forming an outer dielectric jacket around the conductive wiring;

cutting at an angle to an axis of the dielectric core, through the dielectric jacket and through the conductive wiring and through the dielectric core, at two locations along the axis, leaving a conductive button between the two location as having a first end and a second end, wherein the conductive wiring terminates in at least two end contacts at the first end, and wherein the conductive wiring terminates in at least two end contacts at the second end;

providing a first substrate and a second substrate;

mechanically and electrically coupling the at least two end contacts at the first end of the button to a conductive pad of the first substrate; and

mechanically and electrically coupling the at least two end contacts at the second end of the button to a conductive pad of the second substrate, wherein mechanically and electrically coupling the at least two end contacts at the first end of the button to the conductive pad of the first substrate includes solderably coupling the at least two end contacts at the first end of the button to the conductive pad of the first substrate, and wherein mechanically and electrically coupling the at least two end contacts at the second end of the button to the conductive pad of the second substrate includes solderably coupling the at least two end contacts at the second end of the button to the conductive pad of the second substrate.